

# **On-Going and Upcoming Meetings:**

**Free Computer Classes** - @ the T-U Recreation Computer Lab - 706-647-9691

**Low Impact Aerobics Classes - M-W-F 8:30 am - 9:30 am** now being offered at the Thomaston-Upson Civic Center. Call 706-647-9691 for more information

**PiYo Classes** - \$5 fee - Weds @ 5:30 pm at the Thomaston-Upson Civic Center

**Karate** - With Mr. Ronnie Jordan on M-W and the Thomaston-Upson Civic Center - Call for more information 478-957-5623

**Swimming** at the T-U Recreational Pool - Mon- Fridays 1 pm to 6 pm and Sat - 12-6 pm - \$3 for ages 5 and up

**Upson County Family Connections** - Meets the 4th Weds at 9 am in the auditorium of Upson Regional Medical Center

**2nd & 4th Thursday Each Month** - The Mobile Career Center provides workforce services for individuals and businesses. Individuals may participate in various career development activities such as on-line job search, cover letter and resume writing, etc. Businesses may use the Mobile Career Center for recruiting, pre-employment screening, interviewing and training. The Mobile unit will be at Southern Crescent Technical College the 2nd and 4th Thursday of each month from 10 am to 2 pm.

**Thomaston Ford is giving a FREE** - Complimentary Title Wave \$20 Car Wash Certificate to LADIES ONLY on Thursdays with any regular scheduled maintenance service. Check Thomaston Ford out on the web at [www.thomastonford.com](http://www.thomastonford.com) or on Facebook for daily specials.

**2nd & 4th Thursday** – Looking to develop speaking and leadership skills? Ace a job interview? Ignite your career? Thomaston Toastmasters meets the 2nd and 4th Thursday each month from Noon to 1:00 pm at American Pie in Thomaston. Toastmasters International is a world leader in communication and leadership development, and everyone is invited to attend. For more information about the Toastmaster organization go to <http://3137847.toastmastersclubs.org> or call Pam Koon at 706-325-2330.

**2nd Wednesday of each Month** - Central GA Society for Human Resource Management (SHRM) meeting is held the 2nd Wednesday of each month at American Pie Pizzeria at noon.

**2019 Campus Tour Dates for UGA Griffin** - Space is limited - RSVP is Required, call 770.412.4400 for more information. Tour timeslots are 12:30 pm and 4:30 pm: 6/25, 7/30, 9/24, 10/29, 11/26

**Events at The Rock Ranch** - Go to [www.therockranch.com](http://www.therockranch.com) for event information